

Amendments to the Claims

This listing of claims will replace all prior listings of claims in the application.

Listing of Claims

1. (Currently Amended) A sliding board, ~~especially a ski,~~ with a running sole, an upper shell, a lower web and a hardened foam core and also with at least one arranging element for arranging ~~and if appropriate guiding~~ at least one binding element on ~~the an~~ upper side of the sliding board, ~~which said at least one arranging element is being~~ connected to the sliding board body by ~~means of~~ at least one anchoring element and ~~comprises in particular comprising~~ at least one rail-type guide element, ~~characterized in that the wherein~~ said at least one anchoring element(s) (9, 9', 9'', 19) is ~~(are)~~ integrated into ~~the said core (5, 5'')~~ when it is foamed and is ~~(are)~~ retained by the hardened foam.

2. (Currently Amended) The sliding board as claimed in claim 1, ~~characterized in that the wherein said~~ anchoring element(s) (9, 9', 9'', 19) is ~~(are)~~ inserted through at least one preformed opening in ~~the said~~ upper shell ~~(4, 4'')~~.

3. (Currently Amended) The sliding board as claimed in claim 2, ~~characterized in that the wherein said at least one~~ preformed opening(s) in the upper shell ~~(4, 4'')~~ surround(s) ~~the surrounds said at least one anchoring element(s) (9, 9', 9'', 19) without a gap.~~

4. (Currently Amended) The sliding board as claimed in claim 1, ~~characterized in that the wherein said at least one~~ anchoring elements (9, 9', 9'', 19) ~~are~~ is provided with one of indentations, grooves, cutouts, and openings ~~and the like.~~

5. (Currently Amended) The sliding board as claimed in claim 1, ~~characterized in that the wherein said at least one~~ anchoring elements ~~(9, 9', 9'', 19)~~ are is one of pin-shaped, or bolt-shaped, and or elongate parts made and is in one piece with the arranging element comprising ~~in particular a~~ rail-type guide element.

6. (Currently Amended) The sliding board as claimed in claim 1, ~~characterized in that the wherein said at least one~~ anchoring elements ~~(9, 9', 9'', 19)~~ bears parts which are placed, pushed and/or screwed ~~onto them thereto~~ and which enlarge ~~the a~~ surface area thereof for adhesion to the core material.

7. (Currently Amended) The sliding board as claimed in claim 1, ~~characterized in that~~ further comprising two or more anchoring elements ~~(9)~~ are interconnected by one or more plate-shaped connecting elements ~~(10)~~.

8. (Currently Amended) A method for producing a sliding board, ~~especially a ski,~~ in which a sliding board upper part preformed as a shell and comprising an upper shell is connected to a sliding board lower part comprising a running sole, lower web and ~~if appropriate steel edges,~~ and ~~the a~~ core is formed by filling ~~the an~~ interspace with foamed material, ~~characterized in that comprising the steps of~~ attaching an element comprising in particular at least one guide element ~~(6, 6', 6'', 6''')~~ and intended for arranging and if appropriate guiding a binding element is, by means of by passing at least one anchoring element (9, 9', 9'', 19), passed through at least one opening (10) in the preformed upper shell ~~(4, 4''')~~, joining together the sliding board upper part and lower part ~~are joined together,~~ and foaming the core ~~(5, 5''')~~ is then foamed, so that the anchoring element(s) ~~(9, 9', 9'', 19)~~ is (are) connected to the core ~~(5, 5''')~~ when the foam hardens.

9. (Currently Amended) A method for producing a sliding board, in which a sliding board upper part preformed as a shell and comprising an upper shell is connected to a sliding board lower part comprising a running sole, lower web and steel edges, and a core is formed by filling an interspace with foamed material, comprising the steps of attaching an element comprising at least one guide element for arranging and guiding a binding element by passing at least one anchoring element through at least one opening in the preformed upper shell, covering a gap between the a shank (9''b) of the anchoring element(s) (9''c) and the opening (10) is covered from the underside by a sealing compound (14) when the anchoring element(s) (9''c) have has been positioned, joining together the sliding board upper part and lower part, and foaming the core so that the anchoring element is connected to the core when the foam hardens.

10. (Currently Amended) The method as claimed in claim 9, ~~characterized in that wherein~~ the sealing compound (14) consists of an elastomeric material, ~~and is, for example, a silicone sealing compound.~~

11. (Currently Amended) The method as claimed in claim 9, ~~characterized in that wherein~~ the sealing compound is an adhesive.

12. (Currently Amended) The method as claimed in claim 8, ~~characterized in that the~~ further comprising providing said at least one anchoring elements (9''c) ~~are in each case provided, in their a region~~ resting on the upper shell (4''c), with a cutting edge (17) ~~running around the opening (10), which edge is pressed and pressing said edge into the upper shell (4''c) either during positioning of the anchoring element (9''c) or during pressing joining of the sliding board upper part and lower part.~~

13. (Currently Amended) A sliding board, ~~especially a~~  
~~ski~~, which is produced in accordance with claim 8.

14. (New) The method as claimed in claim 10, wherein  
said elastomeric material is a silicone sealing compound.